

# Bon Appétit

THE MAGAZINE OF GOOD TASTE

JUNE • JULY 1965 / TWENTY-FIVE CENTS





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# BON Appétit

JUNE/JULY, 1965  
VOLUME 10 NO. 3

HENRY A. BODENDIECK, Publisher  
FLOYD E. SAGESER, Editor  
DONALD DWIGHT DAVIS,  
Editorial Consultant  
B. A. PAIGE, Publisher Consultant

KATHLEEN BOURKE, Art Director  
PATRICIA A. SCHMIDT, Prod. Mgr.

Austin LeStrange Co., Eastern Advertising Representative, 420 Lexington, New York, N. Y., Telephone 212 MU 5-3277; Mrs. Mae Mulroney, Southeastern Circulation Director, 609 S. W. 8th Terrace, Fort Lauderdale, Florida, 522-6271; George R. Joseph, Western Advertising Representative, 3959 West Sixth St., Los Angeles 5, Calif., DU 7-7181; George Orme, Western Circulation Director, P. O. Box 4385, Glendale, Calif., 91202, Telephone 242-1580.

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## the cover . . .



Our two attractive young Japanese misses on the cover this month are Kuniko and Kimie of the Tokyo Sukiyaki Restaurant in Tucson, Ariz. Whether you pronounce it "Skee yaki" (preferred) or just plain "sook ee yaki", appetizing ingredients are even more tempting with such attractive cooks.

## PHOTO CREDITS

Cover photo by Ted Offret; Hibachi Cookery page 5 courtesy Fred Roberts Co., Importers San Francisco; page 14, The Herring Council; pages 17, 18, 19, the United Fresh Fruit and Vegetable Association.

THE MAGAZINE OF GOOD TASTE

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## BON MOT . . .

That happy fella' with the two Oriental dolls is DONALD DWIGHT DAVIS, bon vivant type, and old friend who with this issue is adding his talents to Bon Appétit's editorial staff. Don Davis, who now resides in Tucson, is nationally known as a former radio and television station executive. A Wine & Food Society original, his knowledge of great foods and wines is of the expertise classification. A traveller, his visit last fall to Japan whetted his interest in the feature Hibachi Cookery story in this issue which he edited. His addition to the Bon Appétit staff adds stature and authenticity to the content, which the discriminating gourmets among our readers will readily recognize.



FRED R. SANFORD, who tells the story of hibachis and hibachi cooking (pages 4-9) is a traveler of note, whose knowledge of the Orient makes fascinating reading.

KATHRYN POPPER, a selection of whose recipes for cooking on a Japanese indoor/outdoor charcoal grill are included in the article on hibachi cookery, has written the first book of recipes for this purpose -- some 800 recipes in all, published by Simon & Schuster in an informative 224-page book entitled "Honorable Hibachi."

ALICE H. WILLIAMSON, whose recipes appear on pages 18-19 as "Jewels of Summer", is a housewife with hobbies: horticulture, herbs and cooking for a husband who is a gourmet. Music, literature and ballet are the icing on her cake. Her articles about herbs have appeared in Bon Appétit, Horticulture, Popular Gardening, The Green Bulletin and Catholic Digest. Says she: "My greatest joy in cooking is experimenting with fine food and choice spirits."

SHEILA MICHELSON a native New Yorker, now an exurbanite living in Chappaqua, N.Y. (as does Alice Williamson) is a widely published writer on food and entertainment who has been consultant to a number of leading companies in the food field. Her own experience as a sailing buff and close work with The Herring Council and its Scandinavian fisheries provided the authoritative information for her article starting on page 14.



甘  
雨  
露

( **BON APPÉTIT** )

**I**n Japanese, the word "hibachi" means literally "firebowl" or "fire basin." For centuries in Japan it was the only heater provided in a Japanese room.

But West met East -- and Americans have discovered that these handy, portable, charcoal stoves with grate added are uniquely adapted to the joys of grilling: outdoors on an patio or picnic grounds. . . . on the porch or at the beach . . . in a park or on an apartment terrace. If it suddenly rains, the hibachi may be moved indoors and used just as effectively inside -- providing it is set in a fireplace, or under a well-ventilated hood.

A banzai cheer, then, for the Japanese hibachi! May it live ten thousand years!

In Japan, the hibachi is an earthen or metal receptacle in which they burn charcoal to create warmth. They do not cook on it. With the charcoal glowing, it is considered typically homelike in Japan when all members of the family are seated together around a big hibachi.

Charcoal has been the main fuel of the Japanese for generations, and they are experts in its preparation. There are many kinds of charcoals, but the Japanese consider charcoal made of *quercus glandulifera* to be the best.

In America, we have developed charcoals of our own -- "wood turned to coal" -- by partially burning or oxidizing wood or other organic matter in large kilns or retorts from which air is excluded. Most supermarkets sell charcoal of some type in large paper bags.

Throughout the American southwest, users pay a premium for charcoal made of wood from the mesquite or honey mesquite tree. Better yet, they love the odor of burning charcoal from the pinon pine tree! Mingled with odors of the meat, fish or fowl being grilled on the hibachi, mesquite or pinon wood charcoal gives off blissful tidings of the taste treats to come!

If the true charcoal flavor is desired (and it should be of major importance), experiment and beware of buying charcoal briquettes. Most briquettes are composed of only a small quantity of charcoal and the rest is coal dust. . . . which doesn't give very much of a charcoal flavoring!

Also beware of anything touted as "smokeless charcoal." It's true that some charcoal does not smoke; but when fats or grease from food drips on it, all charcoal smokes.

For this reason, my company has recently developed a new model hibachi with grease channels which keep the fat and oils from dripping onto the coals. The grease runs down the side into a special receptacle. These models are called the **Vari-Temp** because they are designed so that the cook can also regulate the temperature of the heat.

To get a more concentrated "smoky" flavor of the charcoal, use a hood over your hibachi. Your local tinsmith can make a hood for you -- a "tin hat" perhaps eight to twelve inches tall, the exact shape and size of your grill. With a handle on top!

Start your fire well in advance of the time you expect to cook on it -- say thirty minutes to an hour beforehand. Put bits of paper, kindling or briquettes into the fire bowl first, then hard charcoal.

Only the hard charcoal gives the intense heat needed for cooking. If you use a lighter fluid in order to speed things up, be sure to let the fluid burn off (as well as any paper or wood), or they'll flavor your food.

Be prepared for smoke when the charcoal (Continued on page 6)





Unlike the Japanese, who cook only skillet-prepared dishes on the hibachi, the American custom is to use hibachis for grilling meat, poultry and fish.

# HIBACHI COOKERY

## INDOORS AND OUT

by Fred R. Sanford of the The Fred Roberts Company, Importers, San Francisco  
with selected recipes by Kathryn Popper from her cook book "Honorable Hibachi"  
published by Simon & Schuster \$4.95



(Continued from page 4)

is lighted. It usually billows for several minutes before the fire settles down to produce. That's when (if you're cooking indoors) the fireplace, or stove-hood ventilation, or at least an open door, can help!

The true hibachi, a portable room warmer, when topped with a grate, becomes a grill. The larger ones will take an iron skillet. Or, pieces of chicken, meat or fish may be broiled directly on the grill. Such a grill is adapted to the cooking of many dishes other than steak: Armenian shishebab, for example.

Which reminds me of one of the most delightful dishes in the Japanese cuisine. It is called "yakitori" and is similar to shishebab except that smaller sizes and pieces of chicken or duck are cooked, interlaced with mushrooms, peppers, onions, etc. Put them on a bamboo skewer and broil them on the hibachi. They are a gastronomical delight; but rarely does the average tourist in Japan enjoy this delicacy because the yakitori restaurants are very small, difficult to find, and have but a dozen or so stools or chairs.

I've been in the Orient about thirty-five times. One disadvantage of going over there so often is that at some point you lose the excitement of new discoveries. There are so many delightful places with wonderful specialties --- yet each time I go there I must have some of the things I am sure about. Thus I end up making the rounds of my special desires without discovering any new ones. Yakitori, sukiyaki,

teriyaki --- they are all so wonderful!

"Sukiyaki" means "cooking at the table" . . . . and it's a delight that millions of Americans have discovered! I would guess that several million hibachis are now in use throughout the U.S.A. since they first began to be imported in quantity about sixteen years ago, in 1949.

The delights of cook-outs or barbeque bring "audience participation" to the process of meal preparation. In the Orient, they have been doing this for generations, in many variations. Some restaurants in Japan feature what they call Mongolian or Genghis Khan style cooking, which is actually our western-style barbeque with the added flourish of cute kimono-clad serving girls. But all of it with the delightful flavor of charcoal which has contributed to the growing sale and use of the hibachi in this country.

If you're new to hibachi cookery, perhaps the best way to begin is with some simple hors d'oeuvres. At no time should you ever attempt to cook an entire meal on one hibachi! But try these recipes by Kathryn Popper:

#### TINY COCKTAIL FRANKS AND MARTINI ONIONS, WITH DIP

Combine 1/2 cup chili sauce, 1 tablespoon Worcestershire sauce, 3 or 4 drops Tabasco sauce, 1/2 teaspoon onion salt and a little black pepper. Chill. Just before grilling, dip the tiny franks in the

NUMAKI is another easily-prepared dish cooked on the hibachi.

1 pound chicken livers  
4 tablespoons olive or salad oil  
1/4 teaspoon Tabasco  
1/2 teaspoon salt  
1/2 teaspoon oregano  
1 teaspoon minced onion  
1 tablespoon finely chopped parsley  
1/2 pound mushrooms  
1/2 pound bacon

Wash livers; drain. Combine oil, Tabasco, salt, oregano, onion and parsley. Add livers and mushrooms. Let marinate 1/2 hour. Fry bacon until half cooked, but not crisp; cut into 1 - 1/2-inch pieces. Alternate livers, bacon pieces and mushrooms on skewers. Broil 5 minutes, YIELD: 4 servings.

sauce and skewer alternately with cocktail onions. Grill 4 or 5 minutes over medium coals. Serve with chilled dip.

#### VODKA SHRIMP

1 lb. shrimp, cleaned  
2 oz. vodka  
1 oz. dry vermouth  
2 tbsps. lemon juice  
6 thin slices lemon peel  
1/3 cup olive oil  
1/2 tsp. salt  
2 or 3 dashes Angostura bitters  
2 tbsps. finely chopped parsley

Combine all the ingredients and marinate overnight in the refrigerator.

Drain the shrimp, reserving the marinade.

Skewer and grill them over a medium bed of hot coals 5 or 6 minutes, turning, and basting frequently with marinade.

#### CHICKEN LIVERS WITH ANCHOVIES

1/2 lb. chicken livers  
1/2 tsp. MSG or Accent  
1/2 tsp. black pepper  
1 2 oz. can flat anchovy fillets  
3 tbsps. olive oil

Rinse, dry and halve chicken livers. Sprinkle with MSG and black pepper. Let stand for 15 minutes.

Wrap an anchovy fillet around each chicken liver half and secure with a pre-soaked bamboo skewer. Brush with olive oil.

Grill over medium hot coals for 5 or 6 minutes, turning to brown evenly, and basting with olive oil.

#### SHRIMP WITH DILL AND BEER

There are many ways to prepare grilled shrimp, and they all go well with other hors d'oeuvres.

To prepare shrimp: Shell, devein, wash and dry them well with paper towels. When they are to be skewered, pierce lengthwise, leaving small spaces between. Don't overcook shrimp or they will be tough.

1 lb. shrimp, cleaned  
1 8-oz. can of beer  
3 tbsps. chopped fresh dill or 1-1/2 tbsps. dried dill  
1 small onion, grated  
1/2 clove garlic, pressed  
1/2 tsp. salt  
1/4 tsp. black pepper  
4 tbsps. melted butter

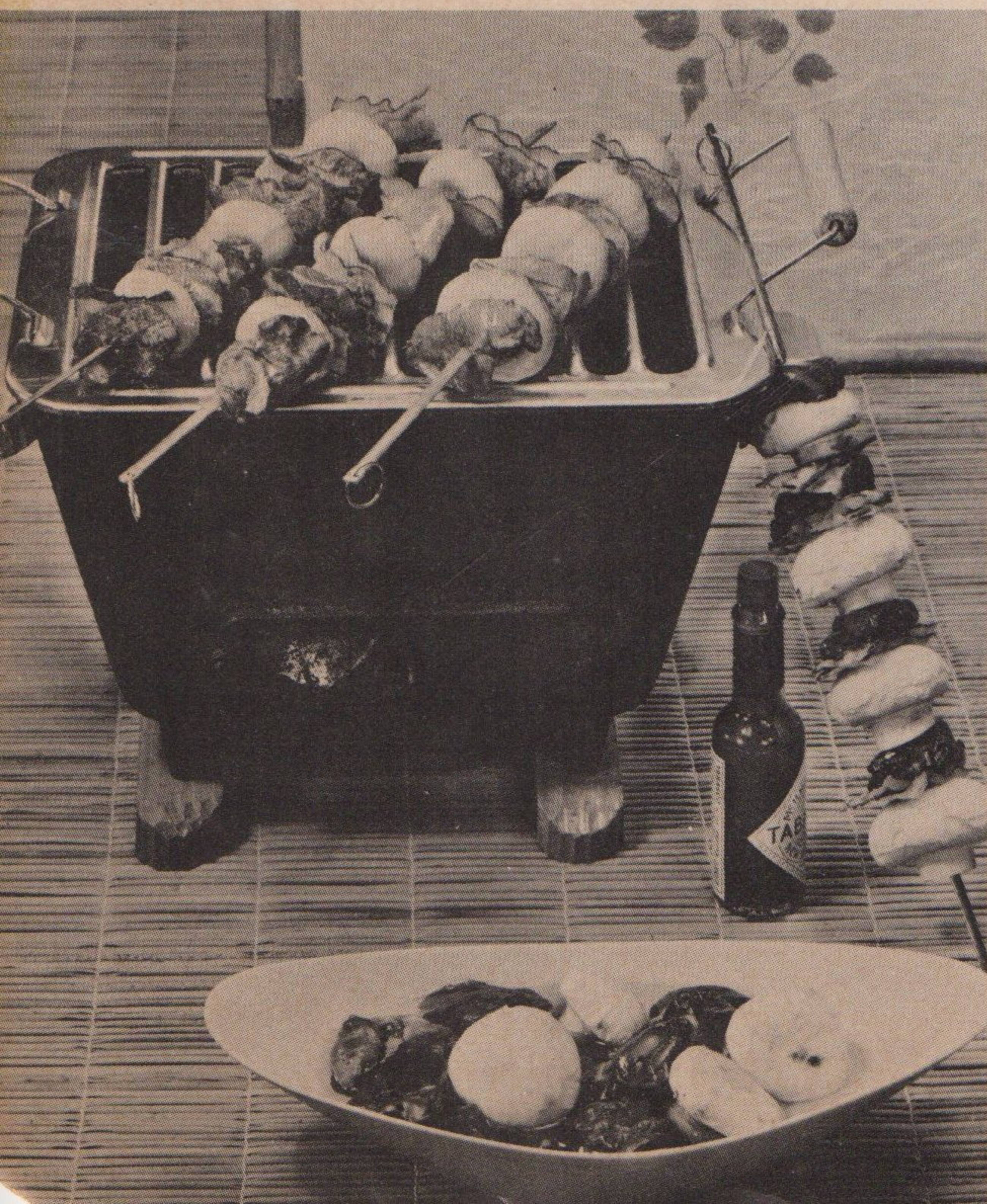
Combine all ingredients, except the butter, and marinate overnight in the refrigerator.

Drain, skewer and brush the shrimp with melted butter.

Grill 4 or 5 minutes over hot coals, turning and basting with more butter.

(Continued on page 8)

BON APPETIT, MAY - JUNE, 1965







## HOUSE OF KOSHU



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A SUKIYAKI DINNER combines the informality of the American way of life with some of the elegance and formality of a Japanese tea ceremony or the beauty of a Japanese garden. Before guests arrive, all the ingredients of the meal are placed on a large platter or tray, in a most artistic manner. The colors of the vegetables and meat give a lush appearance -- enough to make anyone ravenous! The actual cooking is done right in front of the guests.

(Continued from page 6)

Now perhaps you're ready to try a Japanese specialty, the yakitori made with chicken about which Mr. Sanford rhapsodizes. Here is Kathryn Popper's recipe:

#### JAPANESE BROILED CHICKEN (Yakitori)

2 whole chicken breasts

6 scallions

Cayene pepper

**Sauce:**

1/2 cup shoyu or soy sauce

1/2 cup sake (rice wine) or sherry or vermouth

2 tbsps. brown sugar

1 tsp. pressed fresh ginger root  
or 1/2 tsp. powdered ginger

Split, skin and bone chicken breasts and cut into 3/4-inch squares. Clean scallions and cut into 3/4-inch lengths.

On well-soaked long bamboo skewers, alternate chicken and scallion pieces.

Combine shoyu, wine, brown sugar and ginger and pour over skewered chicken and scallions in a deep platter. Marinate at least 1 hour, turning occasionally.

Set oiled grill at level highest from glowing charcoal bed. Lift skewers from marinade and drain excess. Grill for 10 to 12 minutes, removing from heat 3 or 4 times to roll in marinade.

Remove from coals, sprinkle lightly with a little cayene pepper. If desired, marinade can be used as a dip.

**Note:** Chicken livers, cut into pieces the size of the chicken squares, can be marinated and alternated on the skewers with the chicken and scallions.

Now for your "graduation exercise" in Japanese cookery: preparation of beef sukiyaki, which is cooked on your hibachi in a skillet. The Kathryn Popper recipe:

#### BEEF SUKIYAKI (Skillet)

2 lbs. tender beef, sliced thin

1 tsp. MSG, Accent or Ajinomoto

1/2 oz. dried mushrooms

or 1/2 lb. fresh mushrooms

1/2 Chinese cabbage

1/2 lb. fresh young spinach leaves

12 half-inch cubes of tofu or bean curd

1/2 cup fresh or canned bean sprouts

3 tender inner stalks of celery

2 leeks

1 bunch scallions

2 oz. beef suet, cut in 4 or 5 pieces

1 cup skirataki ("cellophane noodles")  
or cold cooked vermicelli

1 5-oz. can sliced bamboo shoots

1-1/2 cups beef bouillon

**Sauce:**

1/2 cup soy sauce

1/4 cup sake, sherry or vermouth

1/4 cup water

2 tbsps. sugar

1/2 tsp. pepper



**Meat:** Use a tender cut of beef -- boned rib roast, shoulder steak, sirloin, face rump, skirt steak or fillet. Ask your butcher to machine-slice the meat paper thin. If this cannot be arranged, partially freeze the meat and slice it as thin as you can. Sprinkle it with MSG and thaw completely.

**Vegetables:** Pour boiling water over dried mushrooms, soak at least 30 minutes, squeeze out moisture, trim stems and slice thin.

Cut Chinese cabbage in 1-inch lengths.

Wash spinach thoroughly, discard stems, and steam for a few minutes with the water that clings to the leaves, in order to reduce bulk.

Cut bean curd in 1/2-inch cubes, handling carefully to avoid breaking.

If you use fresh bean sprouts, wash and drain them. If you use canned bean sprouts, drain them, rinse with cold water and soak in ice water at least 1/2 hour.

Cut celery diagonally in thin slices.

Slice leeks thin.

Cut scallions, including some of the green part, in 1/2-inch pieces.

Place a heavy iron skillet on the grill of the hibachi over a high hot bed of glowing coals. When the skillet is very hot, melt a piece of the beef suet.

**Important:** Meat should not be overcooked and vegetables should be crisp; the sukiyaki should be eaten hot, and in a leisurely manner. Do not try to cook everything at once. Each ingredient should be in a separate pile or dish. Select portions of each to start with, and add to the pan as needed.

Into the hot suet in the pan put some of the leeks, scallions, mushrooms and celery. Cook, stirring, for 2 minutes. Push to one side of the skillet.

Combine the soy sauce, wine, water, sugar and pepper. Pour in enough of this sauce to cover the bottom of the skillet. When it is hot add a layer of beef slices and cook only until the beef turns color. Turn with tongs or spatula, cook briefly, and lay on top of the vegetables at the side of the skillet. Repeat with another layer of meat. Mix the vegetables and meat together in the middle of the pan and add proportionate amounts of cabbage, bean curd, spinach, shirataki, bean sprouts and bamboo shoots. Add half the bouillon and some of the soy mixture. Stir gently several times, bringing the meat to the top whenever possible. Let simmer for 6 or 7 minutes, until everything is heated thoroughly. Serve in deep plates or soup bowls with boiled white rice on the side.

Keep the skillet hot on the hibachi. Add more bouillon and soy sauce thinned with a little water, and add meat and vegetables as you wish.

Or you may feel up to preparing teriyaki, in case you wish to serve your guests beefsteak. The Kathryn Popper recipe:

### SKEWERED STEAK WITH PINEAPPLE AND MUSHROOMS (Teriyaki)

2 lbs. tender beefsteak in 1/2-inch-thick slices (sirloin, cross rib, rib steak)  
12 slices (1/8-inch) green ginger root (optional)

2 tbsps. sherry

1/2 lb. mushrooms

1 medium-size can pineapple spears

**Marinade:**

2 tps. minced ginger root or 1.2 tsp. powdered ginger

1/3 cup sherry

1/2 tsp. pepper

1 cup soy sauce

1/3 cup syrup from pineapple

2 tbsps. brown sugar

1 onion, grated

1 clove garlic, minced fine

Bone and trim meat. Cut into 1-inch squares.

Peel green ginger root, slice and marinate in sherry to cover. Wash, trim and if necessary, peel mushrooms.

Combine marinade ingredients and pour over steak. Marinate for several hours or overnight in refrigerator in covered non-metal container. Remove from refrigerator at least 1 hour before grilling.

Drain steak and skewer with mushrooms, ginger root and pineapple. Do not crowd pineapple against meat, because it makes meat soggy. Skewer pineapple between ginger and mushrooms or do it on a separate skewer.

Grill over hot bed of coals, turning and basting, for 4 or 5 minutes.

If you prefer this with a sauce, reserve a little of the marinade. Thicken the reserved marinade with 1 teaspoon cornstarch, simmer over low heat for 10 minutes, and keep hot while grilling meat.

Need it be added that with these Japanese dishes it is customary to serve beer or hot saki?

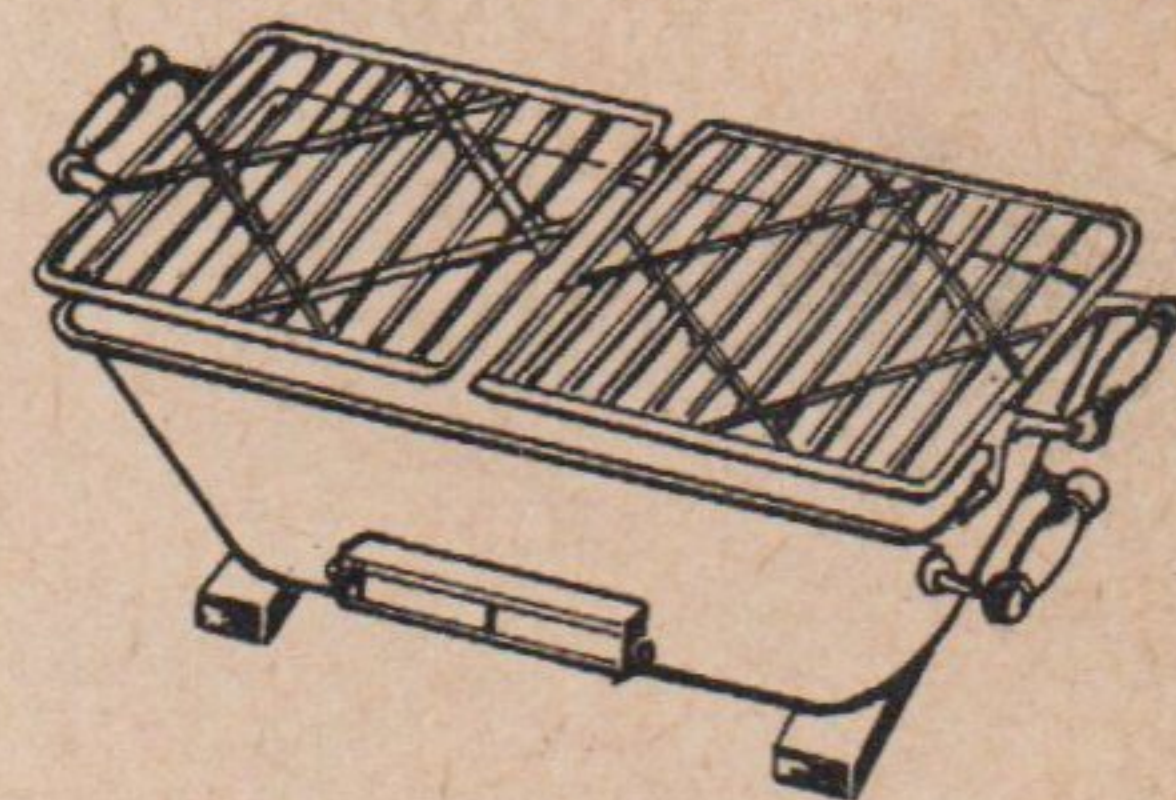
Earnestly, we recommend that if these dishes delight your family and guests, you should hurry to your bookstore for a first-edition copy of Kathryn Popper's "Honorable Hibachi" -- the definitive text on cooking with an indoor/outdoor charcoal grill. It presents a whole new repertory of delectable dishes that can be prepared on the hibachi, or in the kitchen broiler or backyard barbecue.

Even the French, those arbiters of haute cuisine, are now making and using indoor/outdoor charcoal grills. Yet the possibilities of charcoal cooking wherever you want it, whenever you want it -- indoors, outdoors, winter or summer -- have never been so delectably explored as

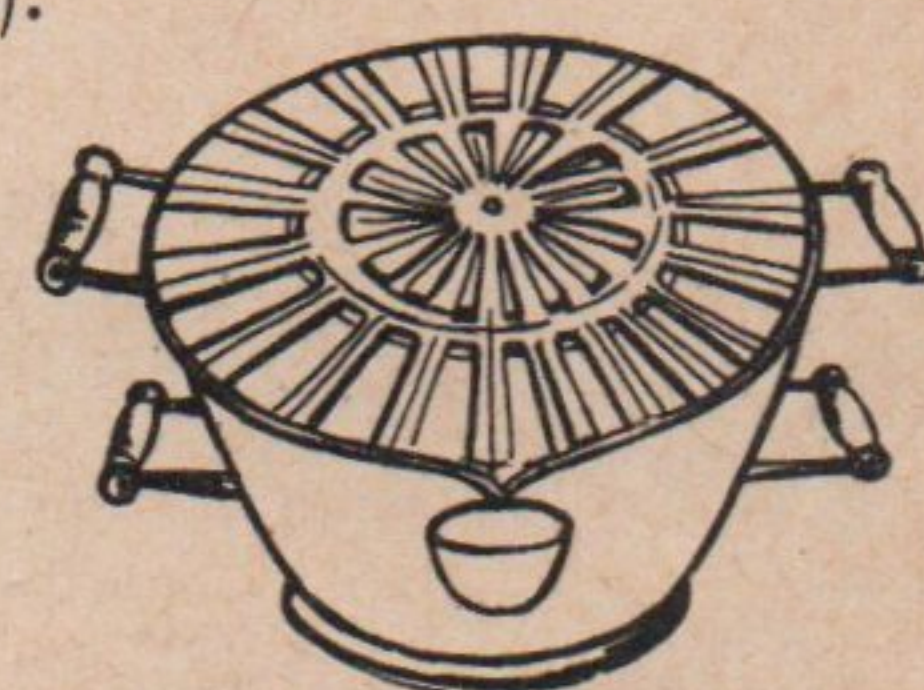
they are in Kathryn Popper's book, "Honorable Hibachi", just published this past spring by Simon & Schuster.

Although planned for the hibachi, there is no reason why her approximately 800 recipes cannot be made on any charcoal grill, electric or gas broiling equipment, or (many of the recipes) in a skillet on top of the stove. The range and quality of the recipes is unusual, presenting a new aspect to the care and feeding of family and guests -- plus the element of "audience" participation as family and guests join in the fun of informal meal preparation and service. *BON APPETIT*

HIBACHIS, imported or American-made, may be purchased in almost every city. Because of their shipping weight and the distance from seaports or city of manufacture, prices vary.

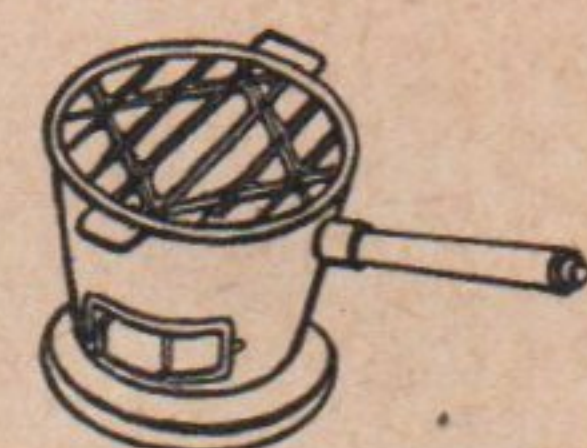


The DOUBLE HIBACHI has a large 17" by 10" grill. Lets you cook several steaks, hamburgers or other meats at one time. Grill adjusts up or down to four different cooking positions, simply by changing handle settings. Overall size, 17" long, 10" wide, 7 1/2 inches high. Packed one to a carton, weighs 20 pounds. (This style also available with a 19" x 11" grill, weighs 25 pounds).



THE 10" ROUND HIBACHI with circular grill is handy for outdoor cooking, from patio parties to family picnics. Or may be used in a fireplace. Packed one to a carton. Overall size 10" wide, 7 1/4 inches high, weighs 12 pounds.

THE MINI-HIBACHI -- For tabletop cooking: hors d'oeuvres, cocktail wieners, meatballs, shrimp. Overall size 5" wide 5 3/4 inches high.



To learn where hibachis may be purchased in your community, write "Hibachi", % BON APPETIT, 912 Baltimore Avenue, Kansas City, Missouri 64105.

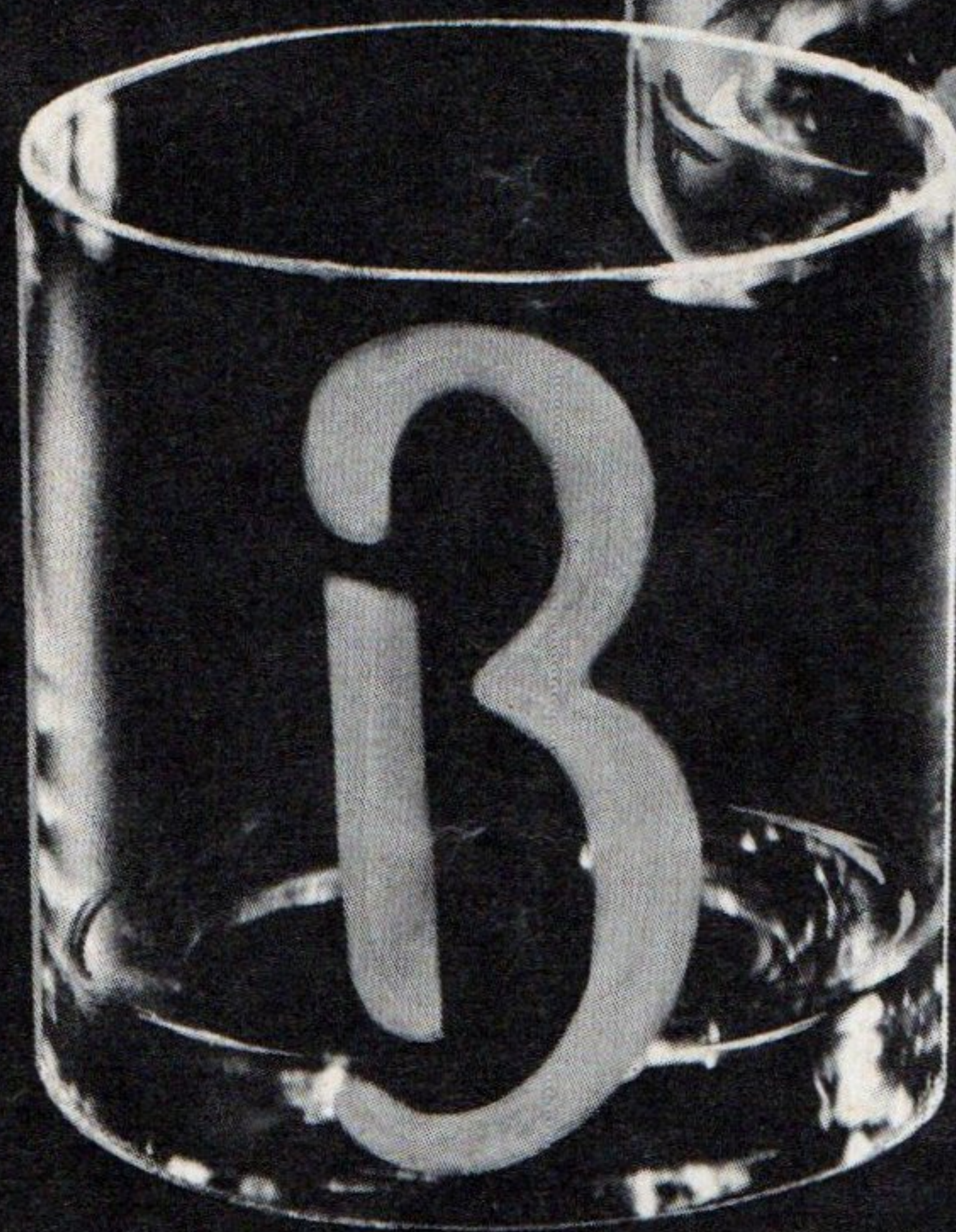


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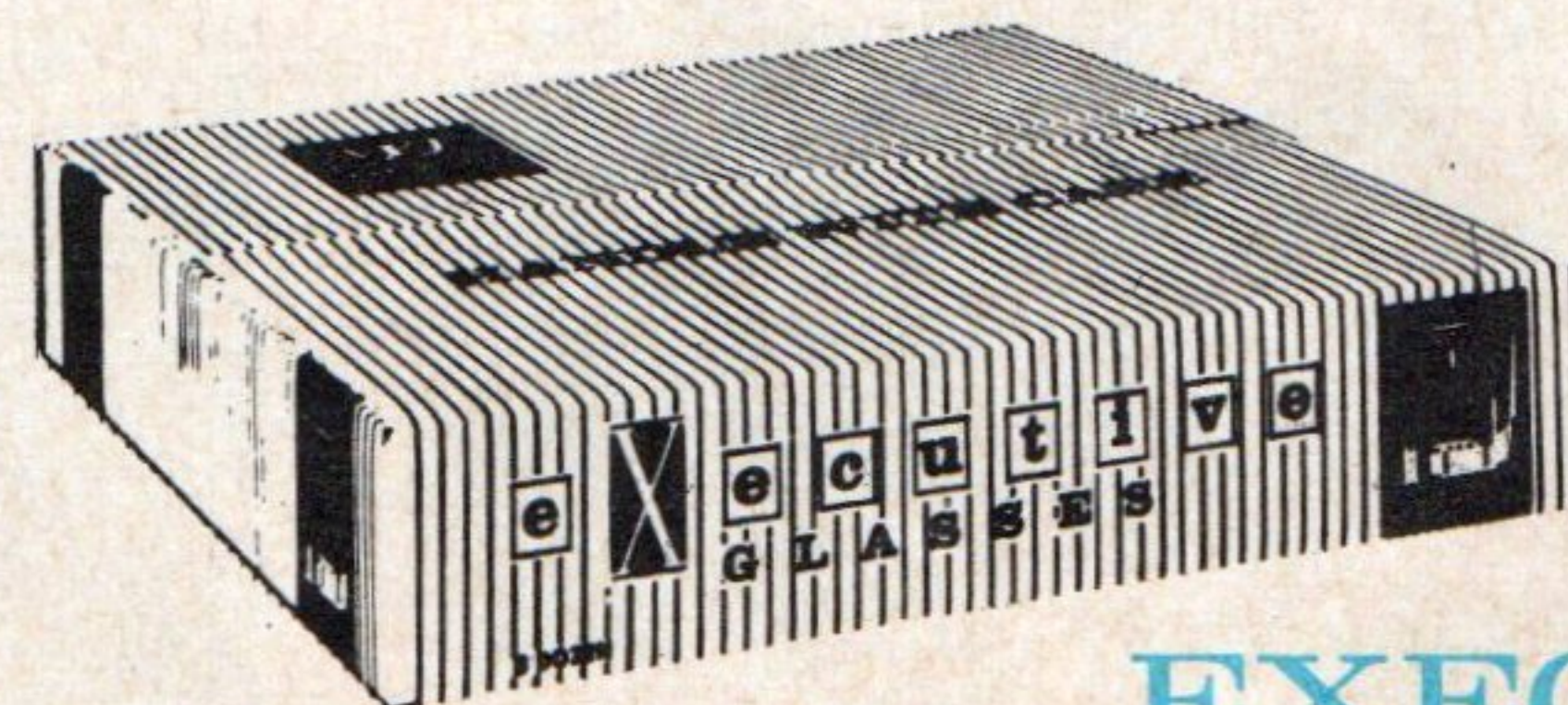
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# Let's Cook Up Something



with Hyman Goldberg

There is a story concerning herring (discussed at length on pages 14-16) and Napoleon which is one of our favorites. After a victory, the Emperor sent for some of the heroes and told them he would grant any request they made.

"I want land," said the first man. "You shall have a fine farm, *mon brave!*" the Emperor replied.

The second hero said, "Sire, I am a baker and would like a bakery shop." Napoleon turned to an aide and told him to see that this request was granted.

The third man said he was a distiller and would like his own distillery and his request was granted. Napoleon turned to the last hero and asked what he would like. "Sire, I am a Dane and we Danes are inordinately fond of herring. Could I ask for a salted herring?"

"Well," said the astonished Napoleon, "if that is what you want, that is what you shall get! a salted herring."

When Napoleon left, the other heroes laughed at the Dane and called him all kinds of dopes! But the Dane smiled. "Wait, he said, and we'll see who is the dope. You think he is going to give away a farm, a bakery or a distillery. I figure if I ask for a salted herring, *maybe* I'll get a salted herring."

We know a delectable Danish pastry, Greta Thyssen, a beautiful young actress, who now lives in New York, who taught us how to make a wonderful:

## LIQUEURED BAKED HERRING

Two 8-ounce jars schmaltz herring pieces packed in oil

1 cup milk  
Ice cubes  
2 eggs, beaten  
1/4 cup (4 tablespoons) Cherry Heering  
1/4 cup (or more) corn meal  
4 tablespoons (1/2 stick) butter  
1 large onion, sliced

Schmaltz is a German word meaning fat, but it has been adopted into almost every European language, and even in American, to describe this type of wonderful fat herring. (By extension it has also come to mean, among musicians, "soft," or "tender," and "sentimental" and "maudlin," as when Viennese waltzes are described as "schmaltzy." End of language lesson.)

Whole schmaltz herrings can be bought in specialty food shops in most cities, but in every village and hamlet they are sold in supermarkets and groceries in jars or cans. If you get the whole fish, fillet them, removing skin and bones, and cut them into 1-inch pieces. If you get them in a jar they are already cut up; just remove the bones in each piece.

Put the cut-up herring pieces into a large jar -- a stoneware crock is ideal for this purpose -- pour in the milk and add several ice cubes. Reason for the ice is that the dear little schmaltz is so soft and tender that it might break up in cooking if it weren't firmed up by the ice, see? Now cover it and refrigerate the herring overnight. The crock or jar should have a cover that fits tight -- unless you want everything in your refrigerator to smell from herring.

Next day, drain the herring pieces -- throw away the milk -- and dry them thoroughly in paper towels. Beat together the beaten eggs and the Cherry Heering. Now dip each herring piece first in the beaten egg mixture, then in the corn meal. If you repeat this process, you will, of course, get a heavier batter coating on the herring, and if this is what you like you'll need more than 1/4 cup of corn meal.

Preheat your oven to 375 degrees, put the 1/2 stick of butter into a baking dish large enough to hold all the herring pieces

in one layer, side by side, put the dish into the oven and when the butter is melted take it out and put into it all the herring pieces, turning them to get them well-coated with the butter.

Put the onion slices on top of the herring. You will probably have some of the beaten egg-Cherry Heering mixture left over, so pour this over all. Bake it until it is well-browned, which will take about 25 minutes. This is a great dish for breakfast or a main course for lunch for 3 or 4 people, or a wonderful hors d'oeuvre, cold, for a dozen people.

## RUMMY CHOPPED HERRING SALAD

Two 8-ounce jars schmaltz or Bismark herring pieces

1 large onion, minced  
3 hard boiled eggs  
1/2 cup fresh bread crumbs  
3 tablespoons light rum  
1 tablespoon wine vinegar  
2 tablespoons salad oil

Rinse the herring pieces in cold running water, remove the bones, and as much skin as you can. Chop the herring fine, or put it through a grinder a couple of times. Mince the onion and chop up the hard boiled eggs.

Mix together all of the ingredients and refrigerate it in a jar or crock that can be sealed tight. (What the home economists generally say is: "in a jar sealed tightly." Well, what this means is that whoever is doing the sealing of the jar should be tight, and we suspect that this is not quite what they mean. But do let us get back to the chopped herring salad, hey?)

After the mixture has been refrigerated for several hours -- overnight is better -- it can be served on a bed of lettuce, but we like it better smeared on rye, corn or pumpernickel bread, with some black pepper ground over it.

Both these herring dishes are fine appetizers to serve your guests at an indoor or outdoor hibachi party. Say, do you know where most herring are found? Under the sour cream, that's where.





# SUMMER SIPPERS

What better way is there to enjoy a lazy summer afternoon, a Fourth of July weekend, or a pause during a relaxing vacation than with a cool summer sipper.

Your ingredients need not be expensive. Carbonated soft drinks make a splendid punch base while domestic port, sherry, chablis, Rhine or other white dinner wine add body and life. But don't forget the old standby—bourbon, gin, rum and vodka when planning your summer sippers.

If you're planning on a punch to save you the trouble of individual drink mixing for a group of friends, slice your fruits just before using. Those colorful lemons, limes and oranges turn stale quickly, even when refrigerated so it is best to slice as you need them.

A cooling summer drink is:

## EMERALD PUNCH

1 can (46 oz.) unsweetened pineapple juice, chilled  
4 cans (6 oz.) limeade concentrate, defrosted  
1/4 cup honey  
1 bottle (a fifth) of gin  
12 7 oz. bottles of chilled Seven-Up  
Combine pineapple juice and concentrate in punch bowl. Add honey, stir to dissolve (if tart punch is desired, omit honey). Add gin, slowly add 7-Up or similar type of soft drink. Add a few drops of green food coloring. Add chunk of ice, garnish with slices of lime. Makes about 40 4 oz. servings.

Gin and tonic and vodka and tonic with a bit of lime added for flavor

and visual appeal have become two of this country's most popular summertime refreshments even though the quinine-flavored tonic's ability to ward off malaria is questioned in some quarters. But have you tried WINE AND TONIC? This delightful summer sipper merely is sherry or a flavored wine half-and-half with quinine water.

But if quinine water isn't in tune with your taste buds, how about a SPRITZER which is half-and-half Rhine wine, riesling, sylvaner or traminer plus dry, unsweetened sparkling water, over ice.

And for a bit of the traditional with the unusual, how about:

## WINE LEMONADE

In a tall glass or large wine glass, mix a teaspoon or two of sugar with fresh lemon juice to taste. Fill glass 3/4 with shaved or cracked ice. Pour over ice at least 1/2 cup red dinner wine, sherry, port or muscatel. Fill to top of glass with water.

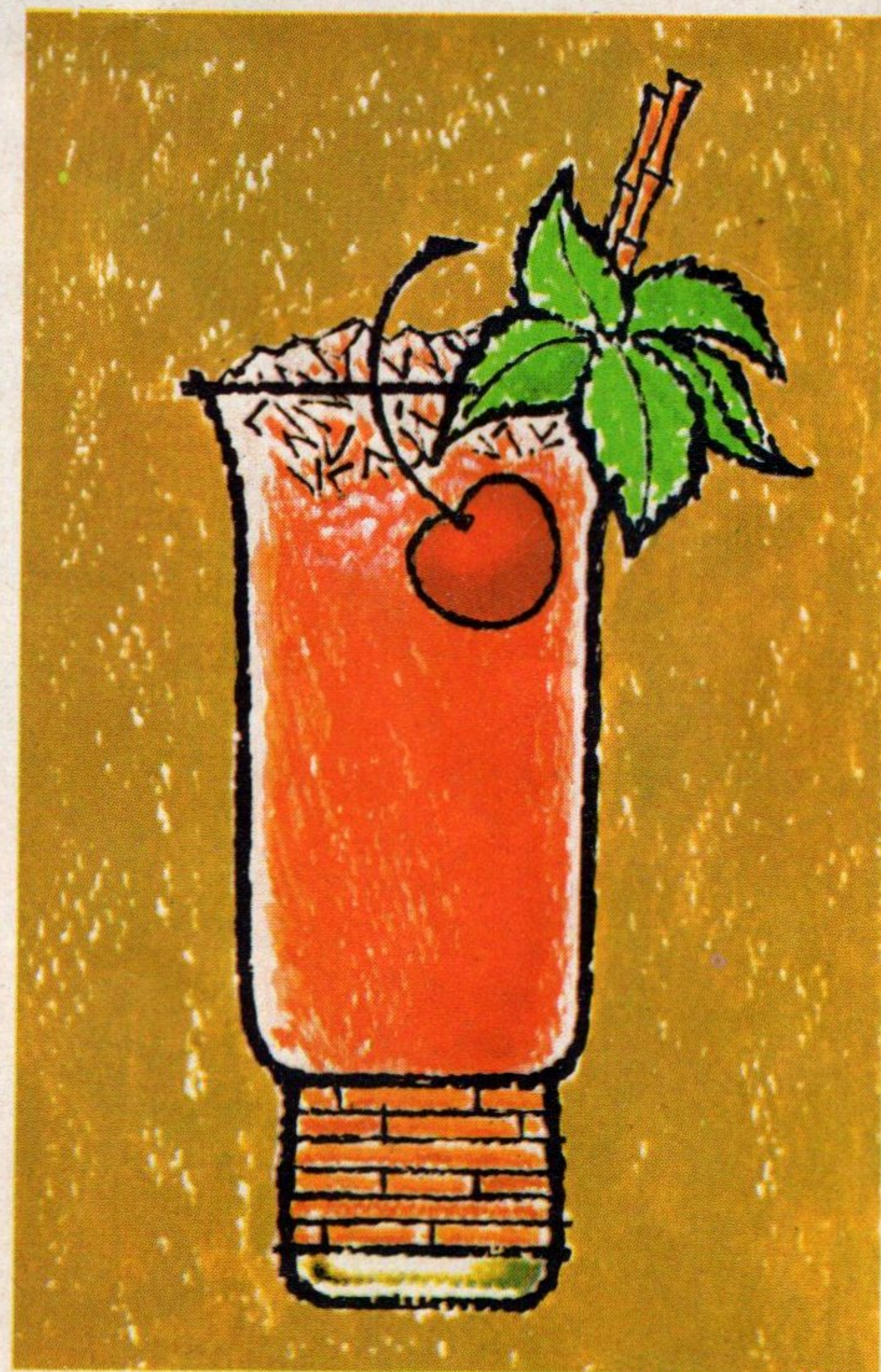
For a really spectacular punch bowl, a scalloped watermelon shell fits the bill. Cut a slice off the top of the melon. Cut around the inside edge and make three cross-cuts, lifting out melon in chunks. Refrigerate chunks for later use. Remove seeds in bottom; scrape with spoon until smooth. Cut scalloped paper pattern. Outline scallops at top edge with small knife point, then cut along outline.

Now, for that cool mixed drink that combines the traditional with the exotic bringing forth memories of that

Caribbean vacation cruise, an easy-to-fix summer sipper is:

## PLANTER'S PUNCH

1 jigger dark rum  
1/2 jigger brandy  
1/4 teaspoon Grenadine  
1 tablespoon lime juice  
Fill tall glass (10 oz.) with crushed ice. Add all ingredients. Stir lightly. Fill glass with Seven-Up. Garnish with maraschino cherry and sprig of mint. Serve with straws.



But whatever summer sipper you decide on, remember a mixed drink or punch reflects the quality of the ingredients used. For the best results be sure everything is of top quality. *BON APPÉTIT*



# that terrific teriyaki taste...



**KIKKOMAN — of course!**



*You sense the gaiety—there's something special in the air... and on the grill! Sizzling steak teriyaki... with that tangy, tantalizing taste only Kikkoman teriyaki marinade can impart. So simple, too! Just place the steak (chicken, chops, or ribs) into a pan or bowl, pour over with Kikkoman Teriyaki Sauce and marinate 40 minutes, turning once. Barbecue... while that marvelous teriyaki aroma tones up taste buds "en masse." Serve... and savour a new high in happy eating!*

## **KIKKOMAN TERIYAKI SAUCE**

*Fabulous flavor without fuss!*

*Created by the makers of Kikkoman Soy Sauce—winner of 30 international awards for distinguished quality and flavor.*



## **NEW IDEAS ...in tasty teriyaki recipes!**

Give a creative cook an idea-inspiring, ready-to-use product such as Kikkoman Teriyaki Sauce and what does she do... *just a little more*. She makes subtle changes, playing up the rare, piquant quality by adding her own touch for special flavor emphasis. Although the delectable teriyaki taste comes through well with a relatively short marinating time, many prefer the heightened flavor attained by longer marination—particularly for chicken and pork dishes. On the other hand, for hamburger, fish and seafoods, basting alone achieves rewarding effects. Let these suggestions serve as your guide:

**BARBECUED CHICKEN:** marinate halved or disjointed chicken in Kikkoman Teriyaki Sauce 3 hours. For more flavor, add 1 clove crushed garlic to marinade. Broil or barbecue to doneness desired, basting occasionally.

**STEAKS:** marinate steaks for 30 minutes to 1 hour. For chuck steak marinate 2 to 3 hours. Pan fry, broil, or barbecue in usual manner. (Teriyaki sauce has mild tenderizing action.)

**BARBECUED SPARERIBS:** add to 1 cup of Kikkoman Teriyaki Sauce, 2 tablespoons brown sugar, ½ cup tomato catsup. Mix and brush on 3-4 lbs. spareribs, marinating 3 hours or longer. Bake or barbecue, basting occasionally.

**FISH:** marinate salmon or halibut slices 10 minutes in mixture of ½ cup Kikkoman Teriyaki Sauce, 2 tablespoons lemon juice. Pan fry, broil or barbecue. Baste with remaining marinade.

**SHRIMP ON A STICK** for party appetizers. Shell and devein 1 lb. large fresh or thawed frozen shrimp. Place shrimp in a deep bowl and pour over enough Kikkoman Teriyaki Sauce to cover. Let stand at room temperature for about 2 hours. Impale each shrimp lengthwise at the tip of a slender wooden skewer. Barbecue or broil shrimp until they turn pink. Dip shrimp in melted butter and roll in toasted sesame seeds. Serve shrimp hot with more Kikkoman Teriyaki Sauce for dipping. Makes 30 to 40 appetizers.

**AS A BASTE:** Teriyaki Sauce adds special savor in the basting of all kinds of roasts.

**FOR GRAVIES:** Teriyaki Sauce gives gravies a richer color, fuller flavor, zestier aroma.

**AS A MEAT SAUCE:** use Kikkoman Teriyaki Sauce directly from the bottle... *delicious!*

**FREE.** For a trial packet of Kikkoman Teriyaki Sauce and Recipe Booklet, write to Kikkoman International, 900 Marin St., San Francisco, Calif. 94124. Offer expires July 31, 1965.







# Mid-Summer Smorgasbord...

## Herring at Sea!

*If it can be  
prepared on a yacht,  
you can fix it  
in your kitchen!*



**BY SHELIA MICHELSON**

This sea-going smorgesbord features herring in a rich, creamy Vichyssoise, a hearty and classic potato salad, and a truly delicious Herring Avocado Salad, as well as a variety of herring served right out of the jar and can. These recipes are easy enough for the mate to concoct in today's modern galley that is as well equipped as a modern kitchen ashore. There is really nothing that cannot be tackled afloat. One cook we know rolled her own pastry on the deck . . . after first carefully covering it with aluminum foil. She even used a beer bottle as a rolling pin!

Down through the centuries, the herring has been numerically the most prolific inhabitant of the seas. For that reason, it has been a staple in man's diet almost since time began. A beautifully colored fish with silvery iridescent sides and a deep blue back, it has a long and illustrious history. Ancient Greek and Roman writings mention herring pickled in vinegar and spices as a delicacy so expensive that it was found only on the banquet tables of the very wealthy.

Reference to this venerable fish is also made in the celebrated Norwegian saga of the 10th century but historians have found even earlier mention of it in the records of a monastery in England dated 709 A.D.: "Beccles paid a rent of 30,000 herrings to the Abbey of St. Edmond the Confessor." The record further adds that this amount was later doubled by William the Conqueror, proving that rent-increases were a problem in days of antiquity, even as today. Herring is still caught today, as in the time of the ancient Vikings, off coasts of Norway, Holland, Iceland, England and Canada. But modern technology, from refrigeration to sonar, has changed the methods somewhat. For instance, the sloe herring caught in Norwegian waters is filleted immediately by machine on board ship. Furthermore, today advanced refrigeration makes it possible to preserve a finer, truer taste of the herring, since less vinegar and salt are now required.

The ubiquitous herring is found in many guises in all the kitchens of the world. It seems as if each nation has its own traditional herring dish made with fresh herrings.

Australia has a Herring Chowder made with thinly sliced potatoes, chopped onion, herrings and milk.

In England there is a Yorkshire Herring Pie. Potato slices line the bottom and sides of a pie plate. Then herring fillets and chopped apples are laid on in layers and the whole is baked with a piece of well-buttered brown paper covering it.

The Swedes fancy a delightful pudding made with herring, potatoes, onions eggs and milk.

The French favor Herrings a La Lorraine in which the herrings are rolled in seasoned flour and gently fried in butter with a finely chopped shallot. Then the herring is sprinkled with fine brown bread crumbs on both sides and sweet cream is added to the pan liquor for basting the fish.

On this side of the Atlantic, herring is traditionally the star of the canape tray. Herring in wine sauce, in cream sauce, tidbits in cocktail sauce are set out in small bowls for guests to help themselves with picks and assorted crackers.

Today more herring and more gourmet varieties of it are being consumed than ever before in its long and colorful past.

Rediscovery of the many delicious ways herring can be enjoyed without tedious preparation, thanks to modern processing and packing, is perhaps chiefly responsible for its resurgence in popularity among Americans. For inside the protective jars and tins are still the deliciously traditional varieties made world famous by the festive smorgasbords of the sea-going Scandinavians, Icelanders, Dutch, Scots and Nova Scotians.

All of them are prepared from three basic herring types -- matjes, schmaltz and Bismarck -- for ready-to-serve eating or combining with other foods. Each comes in a variety of sauces: and with a lift of the lid may be served in wine sauce, in sour cream sauce etc.

Herring is, of course, enormously popular served right out its container with dark bread or crackers. But it can also be

(Continued on page 16)



# Herring at Sea!



Smorgasbord tray of herring varieties in wine sauce. In the bowl is herring in cream sauce. (This is sour cream sauce although some herring packers just call it cream sauce.)

used with imagination in a great variety of recipes. Shown in our color picture are some of these dishes.

The national beverage of the Scandinavian countries is Akvavit, always served ice cold. It is usually taken with food -- appetizers, canapes or sandwiches -- and usually with a beer chaser. The Danes do not have the habit of sipping it; they take their Akvavit in one or two swallows. The usual drink is one ounce. It is customarily drunk to the Scandinavian toast:

"Skall! Min skaal -- din skaal, Alla vackra flickornas skaal!"

"Health, My health -- your health, All the pretty girls' health!"

Akvavit is not a cordial -- it is a hard liquor, 86 proof, very dry, made in much the same way as gin, but with a flavor of caraway seeds. When used instead of vodka in a "bloody Mary" the drink is called a "Danish Mary."

Carlsberg, the Danish beer, is produced by breweries which are the property of the Danish nation, along with two Carlsberg foundations which do much to promote art in Denmark, operate the Ny Carlsberg Glyptothek museum and maintain the great Fredriksborg Castle as a national treasure. Carl Jacobsen, for whom the breweries and beer are named, per-

sonally presented the world-famous statue of The Little Mermaid (by Edvard Eriksen) to the city of Copenhagen.

## HERRING AVOCADO SALAD

- 3 Avocados
- 1 jar (12 oz.) herring in wine sauce, drained
- 1 cup minced celery
- 1 tablespoon chopped drained capers
- 1/4 cup chopped pimiento
- 3 hard cooked eggs, sieved
- Chopped chives, sliced truffles
- 1/2 cup mayonnaise
- Juice drained from herring

Cut avocados into halves. Remove pit. Drain herring thoroughly and brush some of the juice on the cut surfaces of the avocados to prevent darkening. Reserve the remainder of the juice for the dressing. Cube herring pieces and mince onions with celery, capers, pimiento. Use mixture to stuff avocados and garnish with chives and sliced truffles. Chill. Mix mayonnaise with sour cream and reserved juice drained from herring. Serve this dressing with filled avocado halves.

## MOLDED HERRING POTATO SALAD

- 1 jar (12 oz.) herring in wine sauce
- 7 cups cubed cooked potatoes (about 5 large potatoes)
- 1/4 cup oil
- 1 teaspoon salt
- 1/8 teaspoon white pepper
- 2 tablespoons chopped parsley
- 1/4 cup chopped fennel
- 1/2 cup chopped celery
- 2 teaspoons dry mustard
- 1 cup (1/2 pint) sour cream
- 1/2 cup mayonnaise
- 2 hard cooked eggs, sieved

Chop herring and mince onions in jar. Put herring, onions and juice in jar into a large bowl. Add warm potatoes, oil, salt and pepper. Stir until well blended. Chill. Drain excess juice. Stir in remaining ingredients. Press mixture firmly into a 2-1/2 quart mold. Chill until ready to serve. Loosen edges with a sharp knife and unmold. Surround with greens and garnish with stuffed eggs and sliced truffles on marinated artichoke bottoms. Makes 8 servings.

## ROQUEFORT SAUCE

- 1 cup sour cream
- 1/4 cup (1-oz.) crumbled Roquefort

Combine sour cream and Roquefort. Serve over Herring Avocado Salad.

## ROQUEFORT APPETIZER TORTE

- 2 packages pie crust mix
- 1 cup ground smoked ham
- 1/4 cup chopped celery
- 1/4 cup crushed pineapple
- Mayonnaise
- 1 3-ounce package Roquefort cheese, crumbled (1/3 cup firmly packed or 3/4 cup crumbled)
- 1 8-ounce package cream cheese
- 1/4 cup chopped pitted black olives
- 1/4 cup chopped pecans
- Heavy cream

Preheat oven to hot (420 F.) Prepare pie crust according to package directions. Roll out pastry on a lightly-floured board; cut out four 8-inch rounds of pastry and place on ungreased cookie sheets. Prick heavily with fork. Bake until golden brown, about 10 to 12 minutes for the rounds and 5 to 6 minutes for the cutouts. Cool pastry rounds on cookie sheets. Combine ham, celery, pineapples, and enough mayonnaise to give a spreadable consistency. Mix Roquefort, cream cheese, olives, and pecans and with enough cream to make a fluffy mixture. Spread two rounds with ham filling and 2 rounds with Roquefort filling. Stack rounds starting with ham filling and ending with the Roquefort filling. Cut into small wedges with a sharp knife. This is a knife and fork appetizer, served with assorted raw relishes. Makes 10 to 12 wedges.




## HERRING VICHYSOISSE

- 2 tablespoons butter
- 4 leeks, white parts only, thinly sliced
- 5 medium potatoes, peeled and cubed
- 4 cups chicken stock
- 1 jar (12oz.) herring in cream sauce
- 2 cups light cream
- 2 cups heavy cream
- Salt and white pepper
- Chopped chives

Melt butter in a large saucepan. Saute leeks until golden. Add potatoes and chicken stock. Bring to boil, lower heat and simmer covered until potatoes are tender. Put herring with the onions in the jar into a blender. Add half of the potato mixture. Whirl until smooth. Pour into a serving bowl. Whirl remaining potato mixture. Add to herring mixture. Stir in light and heavy cream. Stir until well blended. Chill until icy cold. Season to taste with salt and pepper. Serve in bowls surrounded with crushed ice sprinkled with chopped chives and served with puffy cheese biscuits. Makes 8 servings.





A still life photograph of a table setting. In the upper left, a large white fruit basket is overflowing with various fruits: green grapes, red apples, dark purple grapes, slices of cantaloupe, and several large triangular slices of watermelon. To the right of the basket, a white ceramic cup filled with dark coffee sits on a matching saucer with a blue floral pattern. Further right, a tall, lit white candle stands in a decorative holder. In the foreground, a white ceramic knife with a blue handle lies on a surface, with a small cluster of dark grapes resting near its tip. The background is a solid teal color.

# JEWELS of SUMMER

BY ALICE H. WILLIAMSON

It's hot! Too hot to bake pies and cakes. What will you have for dessert? Something that will revive appetites and will appeal to eyes dulled by muggy weather. Something that's cool, light and easy to prepare.

Fresh fruits are the precious jewels of summertime: ruby red strawberries, sapphire, jade and amethyst grapes, garnet cherries, pearly honeydew melons and pears, topaz peaches and cantaloupes. Wines and liqueurs add flavor and sparkle to the fruits and intensify their colors. Fruits in your refrigerator and an ample supply of spirits in your cellar provide desserts that are delightful finales to your summer dinners.

Here are some recipes for four people unless otherwise indicated. All the fruit must be thoroughly chilled before marinating and should be served in dishes which are very cold. (Continued on page 18)



## BLUEBERRY BENEDICTINE

- 1-1/2 pints cultivated blueberries
- 1 tablespoons sugar
- 2 tablespoons benedictine
- 4 large strawberries

Add sugar and benedictine to chilled blueberries and marinate in refrigerator for 1 hour. Serve in glass compotes, placing a strawberry on each portion.

## STRAWBERRIES AU RHUM\*

- 1 quart strawberries
- 1 tablespoon sugar
- 2 tablespoons rum liqueur

Mix sugar in rum liqueur until dissolved. Pour over strawberries. If rum liqueur from Puerto Rico is not available the following recipe may be substituted:

### \*STRAWBERRIES AU RHUM

- 1 quart strawberries
- 2 teaspoons lemon juice
- 2 tablespoons honey
- 3 tablespoons light rum

Mix lemon juice and honey thoroughly. Add the rum. Pour over strawberries which have been hulled and chilled. Place fruit in a crystal bowl and refrigerate for 2 hours, stirring twice. Serve on clear glass plates.

## BLACKBERRY TARTS

- 1 quart blackberries
- 1/2 pint heavy cream
- 1 tablespoon sugar
- 1 tablespoon blackberry brandy
- 6 baked tart shells

Whip the cream until very stiff, adding sugar slowly. Fold in the blackberry brandy. Divide chilled blackberries among the tart shells and cover with whipped cream. Serve at once.

## SOUTH SEA ORANGES

- 2 California oranges or 1 can Mandarin oranges, drained
- 1 jar papaya
- 1 tablespoon cointreau

If fresh oranges are used, peel and section them, making sure that all white membrane is removed. Cut the fresh orange sections in half and the papaya into bite-size pieces. Combine the two fruits and the papaya syrup and refrigerate. When ready to serve, mix cointreau with fruit and place in individual compotes.



## HONEYDEW CHARTREUSE

- 1 honeydew melon
- 4 teaspoons chartreuse
- Mock-orange blossoms

Cut melon into quarters and remove seeds. Scoop fruit from shell, cut in small pieces and mix with chartreuse. Chill for 1 hour. Serve in shells and garnish each portion with a mock-orange blossom.

## TIPSY PEACHES

- 4 large, ripe peaches
- 1 tablespoon lime juice
- 2 tablespoons apricot brandy
- Pistachio nuts

Peel and quarter chilled peaches. Sprinkle with lime juice. Add apricot brandy and place in refrigerator for 15 minutes. Serve in individual compotes with a few slivered pistachio nuts on top of the fruit.

## PEARS CREME DE MENTHE

- 4 pears
- 1/2 cup water
- 1/2 cup sugar
- 1 tablespoon creme de menthe
- Fresh mint

Melt sugar in water. Add cored and quartered pears and simmer 8 minutes. Cool. Mix creme de menthe and sugar syrup thoroughly, pour over pears and refrigerate for 1 hour. Garnish each portion with fresh mint.

## BING CHERRY COMPOTE

- 1-1/2 pounds Bing cherries
- 1/4 cup water
- 1/4 cup sugar
- 1 tablespoon creme de cassis
- Lemon balm leaves





Boil water and sugar together for 3 minutes. Cool, add creme de cassis and mix with pitted, halved cherries. Chill well. Garnish with sprigs of lemon balm.

#### PINEAPPLE GRAND MARNIER

1 large, ripe pineapple  
2 tablespoons Grand Marnier  
12 whole strawberries

Slice top from pineapple. Scoop out fruit, discarding the hard core and reserving the whole shell. Cut fruit into small pieces, combine with Grand Marnier, return to shell and replace top slice. Chill in refrigerator at least 6 hours, stirring fruit once or twice. To serve, place whole pineapple on a plate and surround with strawberries. Divide the marinated pineapple into four servings and garnish each serving with strawberries.

#### FLORIDA FRESH LIME PIE

1 cup sugar  
1/3 cup cornstarch  
1/2 teaspoon salt  
1/4 cup cold water  
1-1/4 cups hot water  
2 tablespoons butter or margarine  
3 large egg yolks

1/3 cup fresh lime juice  
1 teaspoon grated lime peel  
1 teaspoon pure vanilla extract  
9-inch baked pie shell  
1/2 cup heavy cream  
1 tablespoon sugar

Combine the 1/2 cup of the sugar, cornstarch, salt and cold water in the top of a double boiler. Mix well. Gradually add boiling water. Cook 5 minutes over rapidly boiling water or over very low heat, stirring constantly. Cover and cook

Florida-fresh lime party pie is cooling to the eye and refreshing to the taste for any summer. The fresh cucumber rum-lime cooler is a tall, fragrant ice-green drink for a hot summer day.

8 to 10 minutes over rapidly boiling water, stirring occasionally. Add butter or margarine. Beat egg yolks and blend with the remaining 1/2 cup sugar to which add a little of the hot mixture. Then stir into the rest of the hot mixture. Cook, uncovered, over hot water (not boiling) 10 minutes or until very thick, stirring frequently. Gradually stir in lime juice and peel. (To prevent the pie from being bitter, grate only the green portion of the peel.) Remove from heat. Cool. Add pure vanilla extract and turn into a cold baked 9-inch pie shell. Top as desired with the heavy cream sweetened with the 1 tablespoon sugar. Garnish with a little grated lime peel, if desired.

#### LIME MERINGUE PIE:

In the above recipe, omit the heavy cream and 1 tablespoon sugar and top with the following meringue: Beat 3 large egg whites until they stand in soft, stiff peaks. Gradually beat in 6 tablespoons sugar. Spread over cold pie. Bake in a preheated slow oven (325F) 15 minutes or until browned.

YIELD: One 9-inch pie

#### CANTALoupES A LA MODE

2 ripe cantaloupes  
1 pint vanilla ice cream  
1-1/2 tablespoons strega

Slightly soften ice cream. Beat in strega with a fork. Return to ice compartment and turn refrigerator indicator to very cold. Freeze until stiff enough to hold its shape. Halve and seed cantaloupes and keep them cold. When ready to serve, place a small scoop of ice cream in each melon half.

#### FRESH CUCUMBER RUM LIME COOLER

1 cup sugar  
1 cup water  
1 cup fresh lime juice  
4 cups water  
1/4 cup Rum  
Ice cubes  
12 cucumber slices

Combine sugar, water and 1/4 cup of the lime juice. Mix well. Bring to boiling point and boil 1 to 2 minutes. Add remaining lime juice and water. Place 2 to 3 ice cubes and 2 cucumber slices in each tall glass. Finish filling glasses with limeade.

YIELD: 6 tall glasses *BON APPETIT*

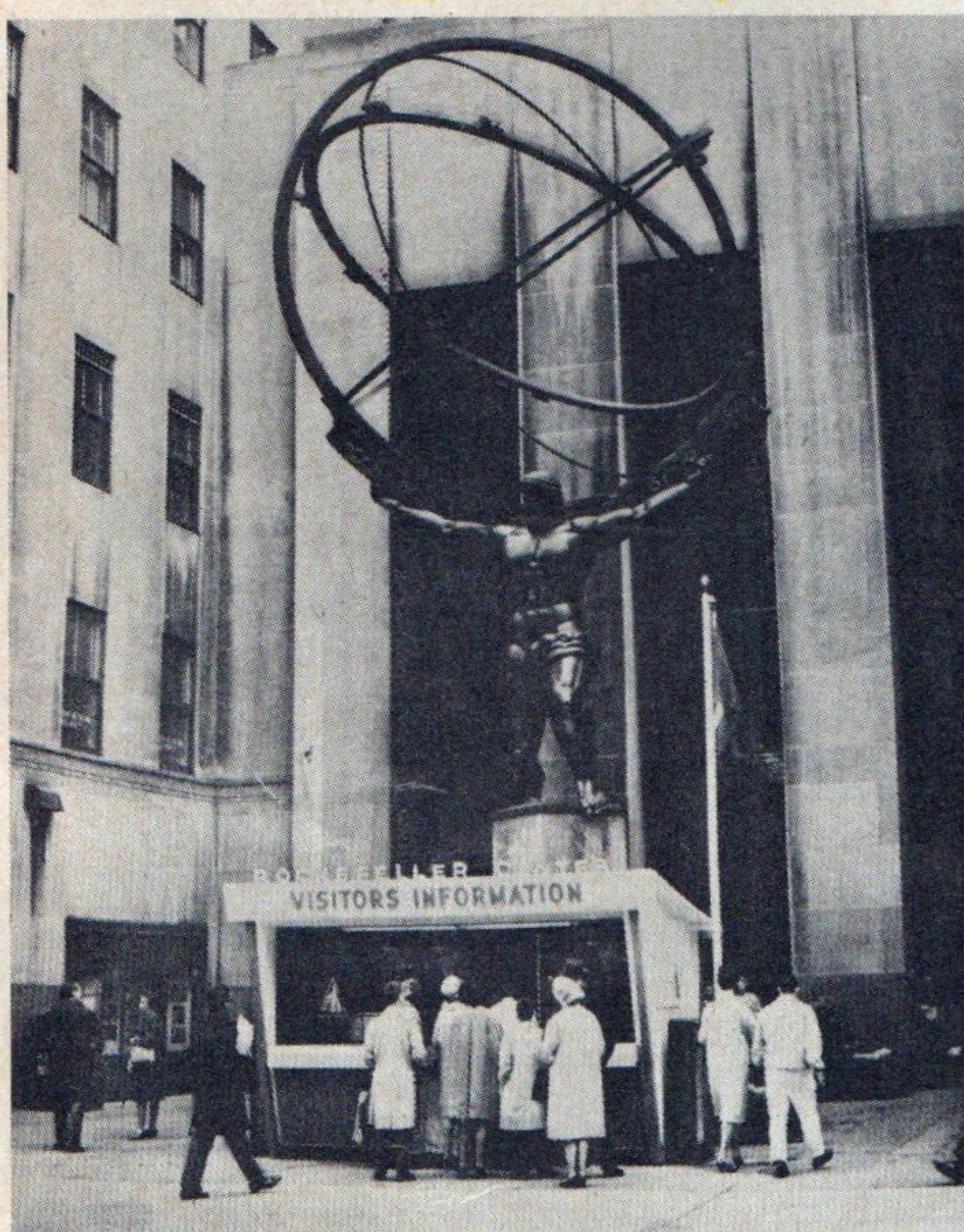




"Unless you travel with a man, go by yourself. For she who travels fastest, most happily and most productively, travels alone." This is a quote from Jean Baer's **Follow Me**, a handbook for gals traveling alone. Jean contends that the heaviest baggage a girl can carry on a trip is another girl friend. 16 solo trips abroad have gone into the writing of this "must" for the single girl. NOTE: Men, take warning! You haven't a chance if your next encounter has read "the book." On second thought, maybe it's the greatest boon to men since Eve plucked Adam that apple. **Follow me!** by Jean Baer published by the Macmillan Company, Price \$4.95.

When the B.O.A.C. Super VC 10 inaugural flight shot down one of Kennedy International Airport's runways some day recently, I felt something like one of our astronauts. The Super VC 10 is undoubtedly one of the quietest and most maneuverable planes in the air today -- and cruised to Bermuda at 630 miles per hour. The one aspect of the flight that was not the least bit hurried or harried was the excellent dinner. After several cocktails or champagne, the stewardess served Lobster Parisienne, Entrecote steak with Sauce Bernaise, Bouquetiere of vegetables, Chateau potatoes, a green salad and then for dessert, selected

cheeses, fresh fruit, Fraudises and coffee. All of this was served with excellent wines -- Grande Vin de Bourgogne, Marbuzet, Graves, Cordon Rouge and Reisling. The dinner alone was worth the trip!



The Crossroads of the World this year seems to be the Rockefeller Center Visitors Information Booth on Fifth Avenue, New York. An average of 1,000 people a day stop and ask all kinds of questions. Multilingual receptionists are on duty seven days a week. The most often asked question seems to be "Where can I buy tickets to the World's Fair?" Unusual questions run from "Where can I get a date for the theatre tonight" to "I've lost my mommie. Can you get her for me?" As always, the information is free. Another free spot for New York visitors is the Tea Center at 16 East 56th Street, where you can stop and have cookies and tea on the house. There is always a Tea Exhibit at the Center to be enjoyed by visitors.



Food publicist Ruth Viscount, of General Foods Kitchens, has just returned from a "look see" around the country. When I asked Ruth if she had learned anything from her trip, she said "I was simply amazed with the young people today that we think are not eating properly. When I was in Boston I just surprised some young people I happen to know and stopped by their apartment. These are young girls who are launching their careers, three of them share an apartment. They were having dinner, a very nice dinner -- a well balanced meal -- chicken, two vegetables, a green salad and cake. And after dinner, coffee -- freshly brewed coffee. They use instant coffee and they use ground coffee, but they know the value of a premium coffee. They had taken care in the brewing of it, the coffee was clear and not too strong or too weak." Ruth's observations on the eating habits of young people away from home -- whether in school or in the big city -- should reassure Mom and Dad back home.





Former All American football star Kyle Rote, now sportscaster for radio station WNEW in New York, told me that he goes along with Dr. Paul Dudley White -- the President's Advisor on Physical Fitness -- and rides a bicycle for exercise. When I asked Kyle if he is aware that nearly one third of the young men who come up for induction into the armed forces fail their physicals, he said "I think this is true, and in fact I would say at least a third -- I've seen some figures that make it even larger than that. It is unfortunate that we have in this country all of the facilities for recreation and maintaining one's physical fitness, and to completely ignore it -- as so many apparently have -- this is, I think, a real waste."

Kyle augments his bike riding with walking up an occasional flight of stairs and at least a part of one day a week at a gym.

Are you on a diet? It seems that just about everybody is these days. And the question always seems to be "how to stay slim and attractive and at the same time eat the beautiful foods available to us here in the United States." Now, with the new stretch fabrics, the gals can't hide a thing -- and who wants them to? Radio and Television personality Martha Curtis spends a lot of her time travelling around the country appearing on local programs. I asked Martha what she is telling people. "For years, you know, we have depended upon Paris

to be our sort of over all entrepreneur and prophet, but I am happy to say -- particularly in the field of sportswear, America has sort of come into its own, and we have achieved what I think are probably the finest designs in sportswear that one could ever dream of -- by virtue of several things. In the first place, in the field of man made fabrics -- Nylon, Dacron and the Spandex Licra Fabrics -- which give with the body and breathe with the body and so on, came into being, we found that active sportswear was really a forte of the America designer -- we live a very active life and we love participation and competition -- we found a field in which the French -- who were practising haute couture and the very elegant kind of thing -- perhaps a bit over the head of the average consumer, or the need of the average consumer. But we found ourselves in the sportswear field, and I think it interesting that this became something that we do better than almost anybody else in the world -- and I think we do it better than anybody else. Along with that came the need for watching the figure -- the simplest way to do it is with some of the helps available to us such as Sego -- a liquid food with a pleasant taste."

Incidentally, Martha suggests that a shot of Kahlua can add a zing to your liquid drink and not add that many calories.



I just returned from a weekend visit to the Bechselauten celebration

in Zurich, Switzerland. This traditional event dates back more than 600 years. Men, women and children dress in historical and traditional folk costumes and march through the city to the town center where a giant pyre has been built with a snowman of cotton wool on top. This figure, called the **Boogg**, represents the departing winter -- and the pyre is set ablaze. The **Boogg** is filled with fireworks so that when the fire gets hot enough he starts to hiss and bang, and -- as decree has it -- departs this world precisely at the stroke of six o'clock. At this moment church bells peal and -- to the accompaniment of martial music -- guild members in costume circle the fire on horseback while the crowd of spectators applaud and cheer with vociferous enthusiasm.



It was like old times seeing Eydie Gorme at the premiere of **The Pawnbroker** the other evening. Eight years ago, when we were both with the **Steve Allen Tonight Show**, Eydie Gorme, Steve Lawrence, Andy Williams and Pat Kirby (must check and find out where Pat is) were little known. Now it would be difficult to find anybody who doesn't know those names.

One birthday I sent Eydie two dozen roses, and she later told me that her mother made jam of them after their beauty had faded. Seems to be an old Armenian trick -- Rose Petal Jam.

*Editors Note: You, too, will find many items of interest in Dale Remington's **Kaliedoscope**. Last issue he told of a **Teenage Cookbook**, available on request to Dale Remington, 404 East 55th Street, New York 22, New York. To date 156 teenagers have been sent these on request.*



# letters to the editors

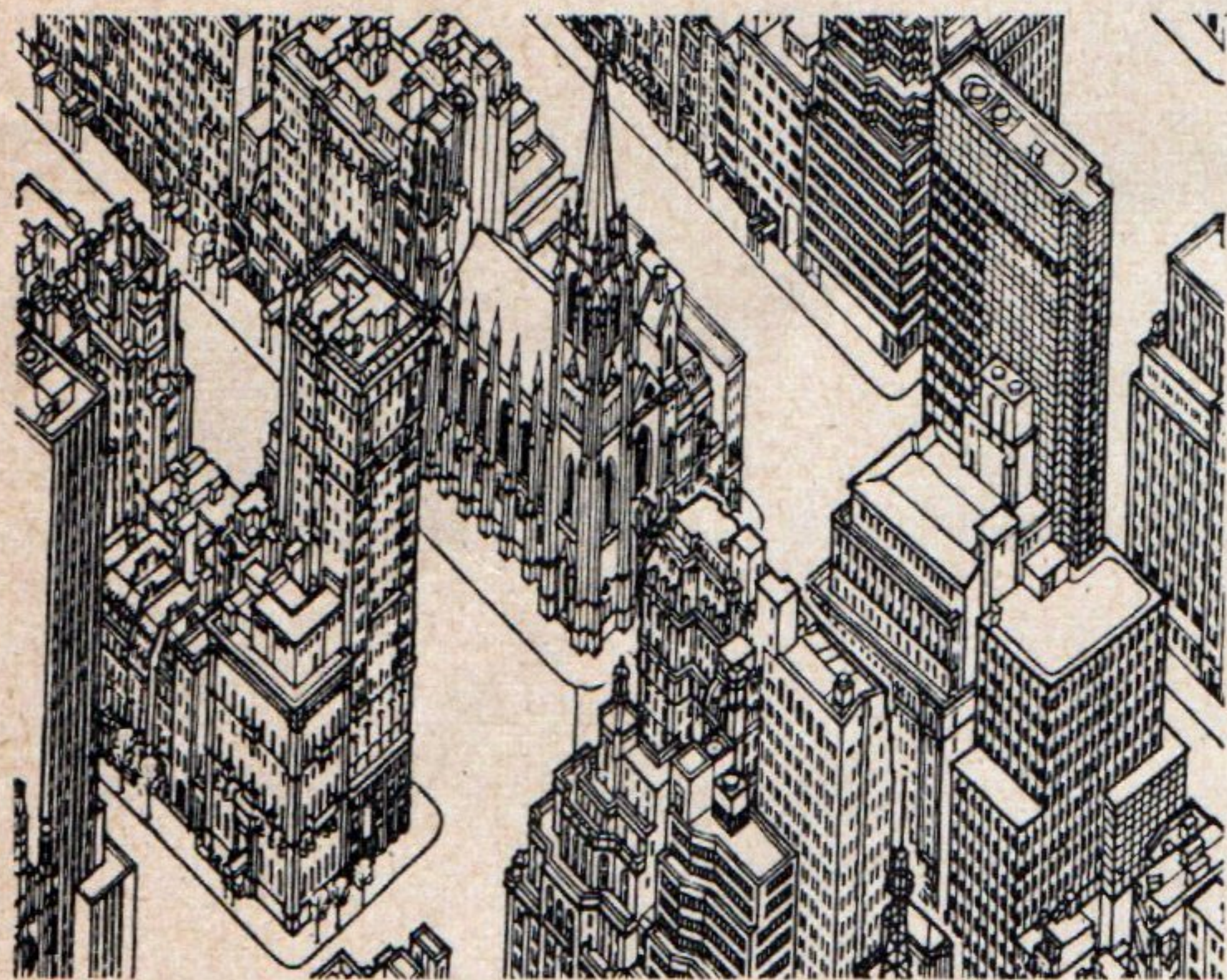


Dear Editor:

Enclosed find my check for \$3 to pay for two subscriptions to your terrific lil' ol magazine. I've had such fun and enjoyment from it when Piedmont Market in Piedmont, Calif., used to send it to me. Since moving to Lafayette, Calif., I miss it.

Mrs. Howard E. Meyers  
Lafayette, Calif.

*Editors' Note: Lafayette dealers, we are here. Where are you?*



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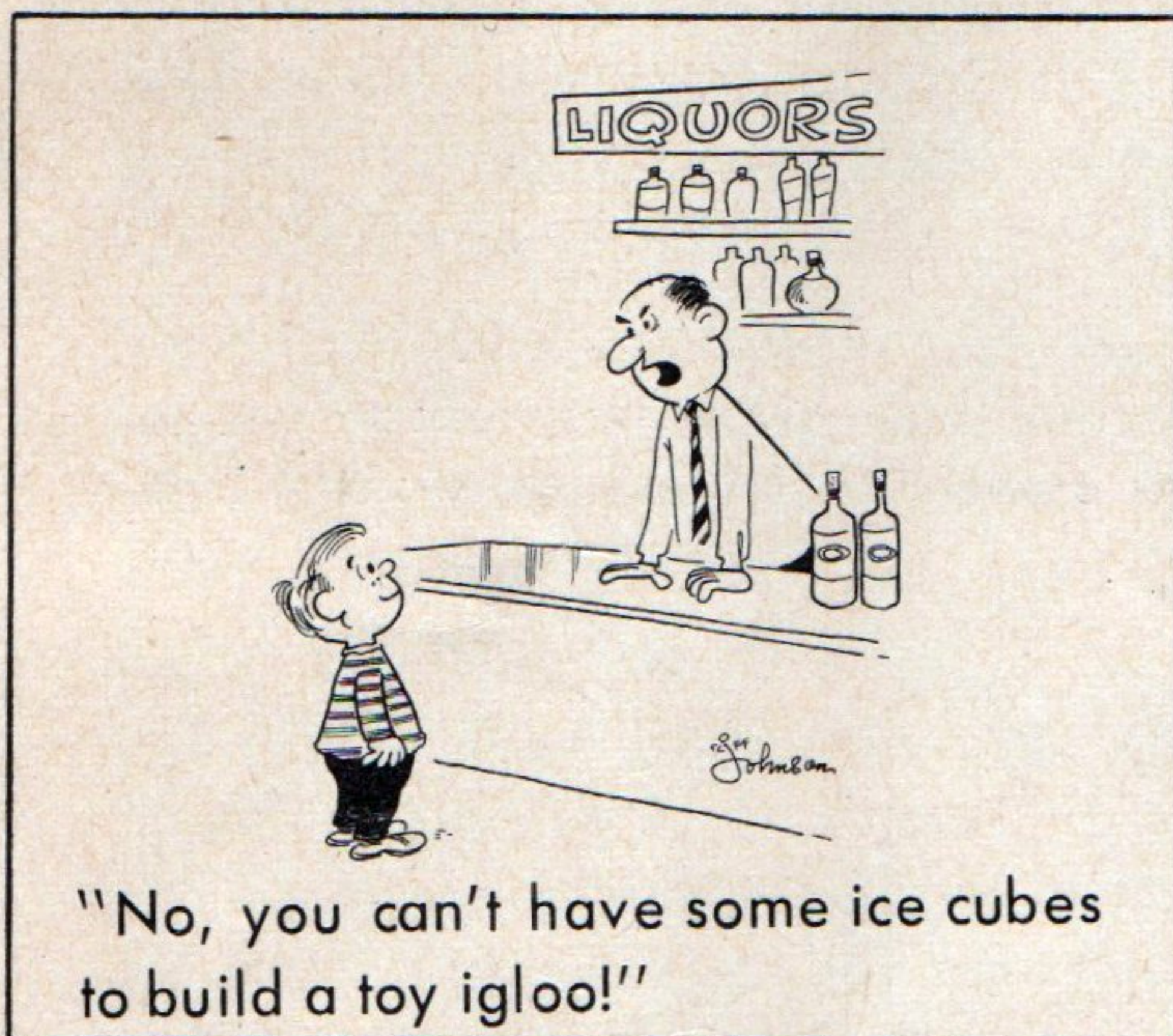
Dear Editor:

Thank you very much for your letter including the recipe for Mizu-Taki. I was surprised and delighted to receive your most prompt reply. I never dreamed my request would receive such courteous attention.

As a dietitian, I am always interested in good food and in its proper preparation. I assure you that your fine publication will remain "tops" on my list and it will receive much "word-of-mouth" advertising as to its fine qualities.

Mrs. Charlotte Tyler  
Rolling Hills, Calif.

*Editors' Note: Mrs. Tyler had enjoyed Mizu-Taki at San Francisco's outstanding Japanese restaurant, the Mingei-ya. This recipe may be found in Mrs. Jung-Suck Choy's "The Art of Oriental Cooking" (as reviewed in Dec.-Jan. BA) or from our recipe files.*



Dear Editor:

This rice wine the Japanese make -- saki. What is it?

Harold Seward  
Trenton, N.J.

*Editor's Note: Japanese saki (rice wine) is brewed with rice and rice malt, the action of the rice malt changing the rice into starch sugar, from which sake is refined. It has a slightly sweet, rich flavor; is amber colored and slightly viscous; and is the most popular drink in Japan. Alcohol content is about 32 proof. To serve, the wine is poured into small tokuri or tokkuri holding about 2/3 cup and heated by placing the small bottle in a pan of hot water. This is called kan. The flavor and taste is enhanced by heating in this manner. The aroma of warmed wine is tempting, even to persons who do not care for the taste. Slightly salty foods go best with Japanese wine.*

Dear Editor:

I have dined at Cafe Johnell many times and on occasion have been able to read your magazine which I have enjoyed thoroughly. I would like to obtain the six issues for 1964 and for 1963. Would you be kind enough to quote me the prices plus postage for both sets?

Mrs. C. M. Witham  
Fort Wayne, Ind.

*Editors' Note: Complete sets of 1963 issues are not available. A limited number of 1964 issues are available in bound volume form for \$3.50 or unbound for 25¢ each plus 25¢ for handling and postage.*

Dear Editor:

May I thank you again for your excellent recipe for "Saltimbocca" (Dec.-Jan. BA). You may be interested to learn that I found in deglazing the skillet that the use of 1/4 cup of dry white burgundy plus 1/4 cup of beef bouillon gave a more tasty sauce than did 1/4 cup of water. What I have not succeeded in finding is a recipe for "Clams Casino". I would be very grateful if you can supply me with one.

Harry M. Miller, Jr.  
Brandon, Vermont

*Editors' Note: You know what water does to pipes don't you? Anyway here's the directions for:*

## CLAMS CASINO

2 dozen medium-size cherrystone clams on the half shell

1/2 cup (1 stick) butter, softened

1/3 cup finely chopped green onions

1 pimienta, finely chopped

3 tablespoons finely chopped parsley

Juice of 1 lemon

Salt, pepper, dash of cayenne

6 slices of bacon, each cut in fours

4 pie tins, each half filled with rock salt

Preheat the oven to 450 F. Arrange 6 clams in their shells on each pan of rock salt. Mix butter, onions, pimienta, parsley, lemon juice, salt, pepper, cayenne. Put a spoonful of this mixture on each clam and top with a piece of bacon. Bake until bacon is brown, 5 to 8 minutes. Serve 6 to a person. Garnish with lemon wedges. Serves 4.

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Dining is a special pleasure at Denver's Tiffin Inn because of the fine food, superb service, and elegant decor.

**I**t was back in 1946 that the original Tiffin Inn was established in Denver in a fine old mansion on Ogden Street. Gourmets soon found this spot, and it flourished under the management of Paul Shank.

In its near downtown location, the Tiffin soon came to compete in food quality and service with the older and famed Palace Arms of the Brown Palace Hotel.

In 1956, when the Writers' brothers built the luxurious Writers' Manor on South Colorado Boulevard, the Tiffin Inn was moved into these splendid surroundings, and its fame for fine cuisine soon became known across the land, as travellers to the Manor feasted there. Paul Shank, who is currently president of the American Restaurant Association, left several years ago for a new location (the Safari in Phoenix), but the tradition established by him of fine food and service continues.

Chef Jim Vaden brought with him the Ogden Street setting several recipes carried on the menu as "Ogden Street Specials". These include an old fashioned stew, and oysters casino.

Regulars at the Tiffin have made "lobster dainties" a favorite. These are miniature lobsters from Iceland. They are broiled with vermouth and are simply delicious.

Another favored dish is baby frog legs, provencale. These are prepared with wine, and flamed at tableside for added flavor. A chateau briand, also flamed at the table, is another gourmet special featured at the Tiffin.

Luncheon favorites are the "quiche lorraine", and cheddar cheese souffle. The

former is a real culinary gem of hot swiss cheese, bacon, and onion pie.

Here is the recipe:

Prepare your favorite pastry pie dough and place in a 9-inch pie tin.

Saute finely chopped onion (size of egg) with diced lean bacon (3 strips) until onion is brown.

Sprinkle onion and bacon over uncooked pie shell.

Next prepare cheese mixture, using the following ingredients; 1/2 pound grated Swiss cheese, 4 well beaten eggs, 2 cups light cream, 1 tablespoon melted butter, 1/2 teaspoon nutmeg, pinch of salt and pepper and dash of tabasco.

Now pour cheese mixture into pie shell and bake in hot oven (400 degrees) for 15 minutes. Reduce oven heat to 350 degrees and finish baking for 30 minutes.

Cool at room temperature. Cut pie-shaped wedges and serve hot with compliments of your choice.

A key to the splendid service at the Tiffin, as explained by Manager David S. Sterling is in the use of ear phones by all the waiters. They are directed from a central keyboard, and the result is very prompt attendance to the wants of diners.

With the combinations of superior food and service, there is small wonder that the many visitors to Writers' Manor have been spreading across the nation their good reports on the fabulous Tiffin food. These visitors include those who love the mountains in the summer, and those many who have found the Manor a bon vivant spot before and after ski trips. *Bon Appétit*



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